

Anxiety and Stress Scales and other questions about internet use. Chi-square and Mann-Whitney tests were performed using SPSS.

**Results:** Individuals with high levels of GPIU (median+2SD; n=18; 3.8%) spent significantly more time/day in online activities, exceeding what they have planned; had no other hobbies and used social networks to meet friends; reported that GPIU interfered with affective/work relationships and academic performance (all  $p<.05$ ). There were no significant differences in the purposes of the internet use (e-mail, social networks, shopping, videogames, multimedia, sexual, work...), unless for general information searching and betting games (both  $p<.05$ ). High-PGIU group also presented significant higher levels of neuroticism, negative (but not positive) perfectionism, depression, anxiety, and stress (all  $p<.001$ ).

**Conclusions:** Our results indicate that unlike the purposes of internet use, personality, perceived interference and the associated cognitive-emotional processes and symptoms (psychological distress) may help distinguishing between functional vs. dysfunctional internet use. Considering the preponderance of processes over contents and the presence of certain dimensions, such as perception of uncontrollability, interference and social isolation we add more evidence to consider PGIU as falling within the spectrum of impulsive-compulsive disorders.

**Conflict of interest:** No significant relationships.

## EPP1352

### Burnout's in young doctors: Prevalence, socio-demographic and psychological associated factors

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**Introduction:** Burn-out is quite common in hospitals especially among young doctors. It results from a mismatch between expectation and professional reality.

**Objectives:** To determine the prevalence of severe burnout and to identify its associated socio-demographic and psychological factors among young residents.

**Methods:** Analytical and descriptive cross-sectional study conducted among residents and interns working at the Hedi Chaker and Hbib Bourguiba University hospital in Sfax, Tunisia, during the month of July 2019. The characteristics of the participants were collected using a questionnaire. Burnout was evaluated using the Maslach Burnout Inventory (MBI) differentiating 3 components: emotional exhaustion, depersonalization and lack of personal achievement.

**Results:** Out of 85 questionnaires disturbed, 60 were selected corresponding to a response rate of 72.94%. The sex ratio (M/F) was 0.87. The middle age was 28.22. Forty three percent of the participants were married. More than half consumed tobacco and 45% of them consumed alcohol. The majority of doctors were residents (81.7%). The average working time was 55 hours per week. Burnout was severe in 30% of our population. Furthermore, doctors who suffered from physical aggression ( $p=0.001$ ) were more likely to develop severe burn-out. The dissatisfaction with the internship ( $p=0.01$ ) and the feeling of do not satisfy seniors ( $p=0.02$ ) were statistically associated with severe burnout. Severe burn-out was associated with anxiety ( $p=0.0073$ ), conflictual partnership

( $p=0.0001$ ), conflicts with colleagues ( $p=0.001$ ) and the paramedical framework ( $p=0.0001$ )

**Conclusions:** The risk of burn-out is quite high among young doctors. Some factors seem to be associated with this phenomenon. This could affect not only the quality of life, but also the quality of care provided.

**Keyword:** burnout-young doctors-prevalence-associated factors

## EPP1354

### An integrated addictions nursing subspecialty to expand the opioid use disorder and substance use disorder workforce

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**Introduction:** In the U.S. approximately 11.4 million misused prescription pain relievers; 2.1 million had an OUD in 2017. The Addictions Nursing Subspecialty was created to address this epidemic by expanding a workforce trained in OUD/SUD screening, treatment, and prevention. A curriculum was developed that included integrated/telehealth health care settings in medical and mental health provider shortage areas during their last nine months of training. Courses were developed and taught by an interprofessional team of university faculty and informed by evidence-based guidelines/clinical competencies for effective OUD/SUD screening/prevention, assessment, treatment, and recovery. Courses were also offered as electives for nursing, clinical-counseling, social work, and other health science disciplines emphasizing an interdisciplinary approach to healthcare.

**Objectives:** Expand the OUD/SUD trained workforce in areas with high OUD/SUD mortality rates and high mental health provider shortages emphasizing team-based integrated care and telehealth settings.

**Methods:** Program curriculum was informed by evidence-based guidelines/clinical competencies for effective OUD/SUD screening/prevention, assessment, treatment, and recovery using integrated care. Competencies included: Core Competencies for Integrated Behavioral Health and Primary Care that have been set forth by the Center for Integrated Health Solutions, telehealth competencies outlined in the recommended competencies by the National Organization of Nurse Practitioner Faculties (NONPF), and Core Competencies for Addictions Medicine by the American Board of Addictions Medicine.

**Results:** Approximately 11 students enrolled in courses received addictions integrated/telehealth health care settings. Students responded positively to evaluations regarding timely feedback, unique approach (i.e. interactive content, short videos and discussions).

**Conclusions:** The Addictions Nursing subspecialty will continue to be offered allowing enrollment for nurses twice a year.

**Keywords:** Integrated; Opioid; Substance use; addictions

## EPP1355

### Evaluation of the frequency and predictive factors of cannabis consumption among students of the university of pharmacy of monastir

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**Introduction:** In Tunisia, the use of cannabis has become an important phenomenon in the society that not well attested by epidemiological studies.

**Objectives:** The purpose of this work is to study the socio-demographic criteria of student of the faculty of Pharmacy of Monastir and risk factors encouraging them to consume cannabis and to estimate the extent of the phenomenon of dependence occurring among students.

**Methods:** A questionnaire composed of 45 questions was sent to students of the Faculty of Pharmacy of Monastir via the internet. The data was collected and analyzed using the software 'Google forms' and 'statistical package for social Science' (SPSS)

**Results:** The prevalence of cannabis use among students of the faculty of Pharmacy was worrying, increasing to 21.4 %, for moments of pleasure and relaxation of the stressful life ( $p=0$  et  $p=0.008$ ). The frequency of cannabis use had a significant impact on the desire to stop cannabis use ( $p=0.012$ ). Of the 55 consumers, only 5 tried to stop or reduce cannabis use. About 88% of participants indicated that cannabis was responsible for psychological dependence. Polydrug use (tobacco, alcohol, other drugs) had a significant influence on this use ( $p=0$ ).

**Conclusions:** The scourge of cannabis use has invaded not only universities, but also high schools and colleges. At the end of this work, we propose debates to find the necessary means to protect cannabis users cannabis and treat dependents.

**Keywords:** Cannabis; students; Risk factors; dependence

## EPP1356

### Evaluation of the frequency and predictive factors of psychotropic drugs consumption among students of the university of pharmacy of monastir

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**Introduction:** Psychotropic medications are widely used in Tunisia. Studies about frequency of substance use are rare

**Objectives:** The purpose of this work is to determine frequency of use of psychotropic medication among pharmacy students in Monastir University during their university years and during the last year and to assess the factors associated to this consumption

**Methods:** A retrospective study was used to collect the information about 145 participants using a questionnaire asking about the consumption of psychotropic medications and the factors associated to substance use

**Results:** 145 subjects aged 22.71 years +/- 2.04 among them 25% was men and 75 % women. Psychotropic medication use was 20 % during university years and 17.24 % during the last year. 45 % of the users had their medications without a prescription from a doctor. 17 % of the users of psychotropic medication weren't informed about the effects of the drugs. A higher consumption of psychotropic drugs was observed among older individuals ( $p=0.009$ ;  $F=6.928$ ), redoubling individuals ( $p=0.003$ ), with conflictive relationships with family ( $p=0.001$ ), using others psychotropic substances, feeling often nervous ( $p=0.003$ ;  $F=9.318$ ) and with personal history of mental illness ( $p=0.002$ ).

**Conclusions:** Our finding underlines the need of larger more comprehensive surveys to determine the efficiency of the prevention strategies and to minimize the consumption of psychotropic drugs or to control it.

**Keyword:** dependence Risk factors drugs students

## EPP1357

### Evaluation of the frequency and predictive factors of ethanol consumption among students of the university of pharmacy of monastir

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**Introduction:** Ethanol is widely consumed by the world's population, especially young people as part of their university life. In Tunisia, surveys and studies about consumption of ethanol among students are rare or even exceptional.

**Objectives:** To evaluate the extent of the consumption of ethanol among pharmacy students in Monastir University, from the first year to residency, and to define the factors associated to this consumption.

**Methods:** This study was used to collected information about the participants using a questionnaire that covers the different parameters of the consumption of ethanol during student life and the factors influencing this consumption.

**Results:** 154 participants aged 23.61 years +/- 2.63 among them 37.7% were men and 62.3% women. The prevalence of ethanol consumption was 44.8 %. The main reason for drinking was to party (79.2%). The consumption of ethanol was significantly associated with sex ( $p=0$ ), place of residence ( $p=0.047$ ), frequency of hang-outs ( $p=0$ ), sex life ( $p=0$ ) and students perception of the alcohol-health relationship ( $p=0$ ). Various health problems were related to the frequency of consumption of ethanol, such as memory problems ( $p=0.002$ ), violence and injuries ( $p=0.014$ ).

**Conclusions:** The findings of this study underline the need to develop specific studies and general population surveys in order to